

**ARIZONA DEPARTMENT OF EDUCATION
CHILD AND ADULT CARE FOOD PROGRAM
MENU PRODUCTION WORKSHEET**

BREAKFAST

Date _____

MENU: VEGETABLE/
FRUIT

Number Planned For:

Age 1 to 2	Age 3 to 5	Age 6 up to 12 + Adult

GRAINS/BREADS

MILK

Component Requirements	Age	FOOD ITEMS Factor	No. of Servings	Market Unit	Amount Needed	Amount Used
VEGETABLES AND/OR FRUITS	1-2	_____ x 1 = _____ +	$\frac{1}{4}$ c.			
	3-5	_____ x 2 = _____ +				
	6-Adt	_____ x 2 = _____ + =				
GRAINS/BREADS	1-2	_____ x 1 = _____ +	$\frac{1}{2}$ sl.			
	3-5	_____ x 1 = _____ +				
	6-Adt	_____ x 2 = _____ + =				
FLUID MILK	1-2	_____ x 1 = _____ +	$\frac{1}{2}$ c.			
	3-5	_____ x 1.5 = _____ +				
	6-Adt	_____ x 2 = _____ + =				

SUPPLEMENT

Choose Any TWO of the FOUR Components for Each Supplement

A.M. SUPPLEMENT

P.M. SUPPLEMENT

Age	Milk $\frac{1}{2}$ c. Bread $\frac{1}{2}$ sl.	Meat 1 oz.	Fruit/Vegetable $\frac{1}{4}$ c.		Age	Milk $\frac{1}{2}$ c. Bread $\frac{1}{2}$ sl.	Meat 1 oz.	Fruit/Vegetable $\frac{1}{4}$ c.	
1-5 _____	x 1 = _____	x .5 = _____	x 2 = _____		1-5 _____	x 1 = _____	x .5 = _____	x 2 = _____	
6-12 + _____	x 2 = _____	x 1 = _____	x 3 = _____		6-12 + _____	x 2 = _____	x 1 = _____	x 3 = _____	
Adults _____					Adults _____				
TOTALS _____					TOTALS _____				
Component	No. of Servings	Market Unit	Amount Needed	Amount Used	Component	No. of Servings	Market Unit	Amount Needed	Amount Used

**ARIZONA DEPARTMENT OF EDUCATION
CHILD AND ADULT CARE FOOD PROGRAM
MENU PRODUCTION WORKSHEET**

LUNCH/SUPPER

Date _____

MENU: MEAT/MEAT
ALTERNATE

Number Planned For:

Age 1 to 2	Age 3 to 5	Age 6 up to 12 + Adult

VEGETABLE/
FRUIT

VEGETABLE/
FRUIT

GRAINS/BREADS

MILK

Component Requirements	Age FOOD ITEMS Factor	No. of Servings	Market Unit	Amount Needed	Amount Used
1. MEAT OR MEAT ALTERNATE	1-2 _____ x 1 = _____ +	1 oz.			
	3-5 _____ x 1.5 = _____ +				
	6-Adt _____ x 2 = _____ + =				
2. VEGETABLES AND/OR FRUITS Use two or more sources to meet the total portion requirement for each age group.	1-2 _____ x 1 = _____ +	¼ c.			
	3-5 _____ x 2 = _____ +				
	6-Adt _____ x 3 = _____ + =				
3. GRAINS/ BREADS	1-2 _____ x 1 = _____ +	½ sl.			
	3-5 _____ x 1 = _____ +				
	6-Adt _____ x 2 = _____ + =				
4. FLUID MILK	Use "No. of Servings" from Meat/Meat Alternate	½ c.			

**ARIZONA DEPARTMENT OF EDUCATION
CHILD AND ADULT CARE FOOD PROGRAM
ADULT MENU PRODUCTION WORKSHEET**

BREAKFAST

Date _____

MENU: VEGETABLE/
FRUIT

Number Planned For:

Adults	Staff	Total

GRAINS/BREADS

MILK

Component Requirements	Age Factor	No. of Servings	Market Unit	Amount Needed	Amount Used
VEGETABLES AND/OR FRUITS	(Total) _____ x 2 = _____	¼ c.			
GRAINS/BREADS	(Total) _____ x 4 = _____	½ sl.			
FLUID MILK	(Total) _____ x 2 = _____	½ c.			

SUPPLEMENT

Choose Any TWO of the FOUR Components for Each Supplement

A.M. SUPPLEMENT

P.M. SUPPLEMENT

Number of:	Milk ½ c. Bread ½ sl.	Meat 1 oz.	Fruit/Vegetable ¼ c.		Number of:	Milk ½ c. Bread ½ sl.	Meat 1 oz.	Fruit/Vegetable ¼ c.	
Adults _____					Adults _____				
Staff _____	x 2 = _____	x 1 = _____	x 2 = _____		Staff _____	x 2 = _____	x 1 = _____	x 2 = _____	
TOTALS _____	_____	_____	_____		TOTALS _____	_____	_____	_____	

Component	No. of Servings	Market Unit	Amount Needed	Amount Used		Component	No. of Servings	Market Unit	Amount Needed	Amount Used

**ARIZONA DEPARTMENT OF EDUCATION
CHILD AND ADULT CARE FOOD PROGRAM
ADULT MENU PRODUCTION WORKSHEET**

LUNCH/SUPPER

Date _____

MENU: MEAT/MEAT
ALTERNATE

Number Planned For:

Adults	Staff	Total

VEGETABLE/
FRUIT

VEGETABLE/
FRUIT

GRAINS/BREADS

MILK

Component Requirements	Age FOOD ITEMS Factor	No. of Servings	Market Unit	Amount Needed	Amount Used
1. MEAT OR MEAT ALTERNATE	(Total) _____ x 2 = _____	1 oz.			
2. VEGETABLES AND/OR FRUITS Use two or more sources to meet the total portion requirement for each age group.	(Total) _____ x 4 = _____	1/4 c.			
3. GRAINS/ BREADS	(Total) _____ x 4 = _____	1/2 sl.			
4. FLUID MILK	Use "No. of Servings" from Meat/Meat Alternate	1/2 c.			